

# FRONT & CENTER

NOVEMBER 2015

ENFIELD SENIOR CENTER NEWS & ACTIVITIES

## Holiday Craft Fair & Pancake Breakfast

Saturday, November 7,  
8 am-1 pm

It's never too early to start your holiday shopping. Bring friends and family and discover affordable and unique handmade gift items such as scarves, hats, mittens, afghans, home décor, ornaments and more. Take a chance on a one-of-a-kind quilt and the teacup raffle table. Stop at the baked goods table and purchase a fresh homemade goodie. Come early and enjoy the Lions Club all you can eat pancake breakfast.

## The Country Jamboree Live and in Concert

Friday, November 13, 6 pm, \$7 per person

Spend a magical evening revisiting the glory days of country music, The Country Jamboree will take you there. This outstanding performance features the music of Hank Williams, Patsy Cline, Johnny Cash, Tammy Wynette, Willie Nelson, Loretta Lynn, Merle Haggard and more. Like spending an evening at The Grand Ole Opry, The Country Jamboree takes you from all out hoedown to



poignant love song – and everything in between – all in one show!

**Q:** *What do you get when you bring together*

*some great singing, a little dancing, the outstanding Saddle Up All Stars band, some cool costume changes and a few stage antics all for*

*an incredibly entertaining performance?*

**A:** The Country Jamboree!

## Speed Dating for 70+

Thursday, November 12, 6 p.m., FREE

Speed dating is a fun way to meet other people. You simply spend a few minutes talking with each of the men or women who have signed up. After that, you decide if you might like to see that person again. If there is mutual interest, you are provided with the contact information of that person. You take it from there. Feeling adventurous? Register by calling the Senior Center office or e-mail [slather@enfield.org](mailto:slather@enfield.org).



## Goldtones Holiday Concert

Sunday, November 29, 2 pm  
\$5 per person

Traditional holiday music and new songs sung by our favorite choral group. Dessert and coffee served after the performance.

## Veterans Tribute

Thursday, November 12, 1 pm  
FREE

Early in 1942, a young man from Rhode Island, Tony Pritchard, who had rarely been outside of New England, went into the U.S. Army. By the time he returned home more than five years later, he had been all over the United States and Western Europe, had led troops in combat, had nearly died, had worked with refugees, and in general had encountered a world far wider and far more brutal than anything he had known. His son, Arnie, inherited Tony's old foot locker. It turned out to contain hundreds of letters, photos, and other documents from this time. Arnie is now a World War II storyteller chronicling his father's experiences. Dessert and coffee to follow the presentation.



*Co-sponsored by the Enfield Cultural Arts Commission*

# 2



This Newsletter was  
Sponsored by:



**Enfield Senior Center**  
299 Elm St., Enfield, CT 06082  
**PHONE:** (860)763-7425  
**FAX:** (860)763-7429  
**E-MAIL**  
SeniorCenter@enfield.org  
**WEBSITE**  
www.enfield-ct.gov/seniors  
**Like us on Facebook**  
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@EnfieldSrCtr  
**HOURS**  
Monday - Thursday 8 am - 8 pm  
Friday 8 am - 5 pm  
Office opens at 8:30 am

**Senior Community Cafe**  
(860) 763-7428  
For lunch reservations call by  
noon the day before and leave  
a message.  
**Senior Center Phone List**  
Main Office: (860) 763-7425  
Arts & Crafts: (860) 763-7437  
PRIME Fitness: (860) 272-3554  
Meals on Wheels: (860) 763-0400  
Dial-a-Ride: (860) 272-3545

## A note from the Director

The staff of the Enfield Senior Center is very thankful for the beautiful building, wonderful instructors and supportive participants that we interact with every day.

We wish you a wonderful Thanksgiving and a beautiful start to the holiday season.

★ ★ ★  
Sincerely,  
  
Susan Lather  
Director



**PRIME Fitness is Now  
a Silver Sneakers Site**

If you have a Medicare Supplemental Insurance Plan that includes Silver Sneakers membership, you can now join the Enfield Senior Center PRIME Fitness Center for free. That means you would have a fitness program designed specifically for you, a Fitness Assistant on hand to show you how to use the equipment and answer any questions you have at no cost to you.

To find out if you are a member you can contact your insurance provider or ask in the Fitness Center.



**ShopRite of Enfield** 40 Hazard Avenue • (860) 745-1621



# Fall into Savings with ShopRite!



### Super Coupon

Present This Coupon at Time of Purchase Order,  
Pickup or Delivery to Receive Discount

**\$1.00 OFF**

Toward Your Purchase of Any One (1)

**Mary O's  
Sourdough Bread**

From Our Fresh Bakery Dept.

With this coupon and a minimum purchase of \$15.00 or more (Excluding fuel and items prohibited by law). Limit one per family. Void if reproduced, sold or transferred. Cash value 1/100 cent. Good at any ShopRite® store. © 2015 Wakefern Food Corp. Effective Sun., Oct. 18 thru Sat. Oct. 24, 2015.



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### Super Coupon

Present This Coupon at Time of Purchase Order,  
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**Tuesday Only  
5% Senior Discount**

Tuesday Only Must be  
65 Years or Older

\$

WITH YOUR 

**When you spend \$25.00 or more**

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### Super Coupon

Present This Coupon at Time of Purchase Order,  
Pickup or Delivery to Receive Discount

**\$1.00 OFF**

Toward Your Purchase of Any One (1) Pkg. of 6

**Halloween  
Cupcakes**

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Prices, programs and promotions effective Sun., Oct. 18 thru Sat., Oct. 24, 2015 in ShopRite® Stores in Connecticut. Sunday sales subject to local blue laws. No sales made to other retailers or wholesalers. We reserve the right to limit purchases of any sale item to four (4) purchases, per item, per household, per day, except where otherwise noted. Minimum or additional purchase requirements noted for any advertised item exclude the purchase of prescription medications, gift cards, gift certificates, postage stamps, money orders, money transfers, lottery tickets, bus tickets, fuel and Metro passes, as well as milk, cigarettes, tobacco products, alcoholic beverages or any other items prohibited by law. Only one manufacturer coupon may be used per item and we reserve the right to limit manufacturer coupon redemptions to four (4) identical coupons per household per day, unless otherwise noted or further restricted by manufacturer. Sales tax is applied to the net retail of any discounted item or any ShopRite® coupon item. We are required by law to charge sales tax on the full price of any item or any portion of an item that is discounted with the use of a manufacturer coupon or a manufacturer sponsored (or funded) Price Plus Club® card discount. Not responsible for typographical errors. Artwork does not necessarily represent items on sale; it is for display purposes only. Copyright© Wakefern Food Corp., 2015. All rights reserved.

# Special Events & Dances

All tickets for catered events may be purchased up to the day before the event and are not sold at the door. Please register in advance for all seminars at the Senior Center office or call 860-763-7425. Assistive Hearing Devices are available in the front office for all programs.

# 3

## UPCOMING EVENTS

**Moondance – Van Morrison Tribute Band**  
Friday, December 4, 6 pm  
\$7 per person

**Noon Year's Eve Celebration**  
Thursday, December 31,  
8 am – 1 pm  
Free

### Monthly Birthday Party

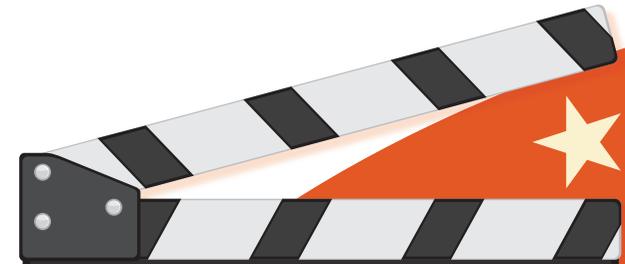
Every First Wednesday of the Month

Parkway Pavilion Health & Rehabilitation provides a birthday cake for all community café luncheon participants to celebrate the birthdays of everyone in that month. Happy Birthday!

### Ballroom Dance

Friday, November 20, 2 pm  
\$3 at the door

Dance to the sounds of Richie Mitnick on keyboard and enjoy a snack at the break.



### PITCH PERFECT 2

It's been three years since the Barden Bellas (Anna Kendrick, Rebel Wilson) became the first all-female group to win a national title. All seems well until a botched Lincoln Center performance for the president leads to a scandal that strips them of their performing duties, causing internal tension and strife. With the world championships on the horizon in Copenhagen, Denmark, the women must get their act together for their one and only shot at redemption. *PG13. 115 minutes.*

**\$2 PER PERSON**  
\$2 AT THE DOOR FOR MOVIE ONLY – 6 PM

THURSDAY, NOVEMBER 19, 6 PM

## Johnson Memorial Hospital and Saint Francis Care are giving you *twice* the care in Enfield



### Johnson Surgery Center

- Same-day surgical services for adults and children including: Ear, Nose and Throat Surgery, Gastrointestinal care and Eye Surgery
- Diagnostic imaging services including: Mammography, Ultrasounds and X-Rays
- Laboratory services including: Phlebotomy, Hematology and Routine Laboratory Tests

### Wound Care Center

- Wound care evaluation and treatment including: Diabetic Wounds, Venous Stasis, Arterial, Vasculitic Ulcers, Burn Wounds ...and more
- Two Hyperbaric Oxygen Therapy Units

### Johnson Cancer Center

- 14-Chair Infusion Center
- A wide range of Oncology and Radiation Therapy Services
- Onsite pharmacy & laboratory ...& more!

Our skilled *team* treats patients like people, not numbers!

Conveniently located at 140-142 Hazard Avenue in Enfield, CT.

Visit us online at [jmmc.com](http://jmmc.com)



Johnson Memorial Hospital

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# 4 Fitness Programs



**R** Residents

**NR** Non-Residents

Log on at [www.enfield-ct.gov](http://www.enfield-ct.gov)

**Ageless Grace**  
**Mondays, 2:15-3 pm**  
**Nov 2-Dec 14, 7 classes**  
**R \$21 NR \$28**  
 This is a fitness program for the body and brain based on the science of neuro-plasticity. Each of the 21 simple tools focus on the health of the body, mind, emotions and spirit. It is a creative and lively chair-based class that almost anyone can do. Those with joint, diabetes, MS, Parkinson's and other challenges find it beneficial.

**NEW**

**Chair Exercises**  
**Mon, Wed & Fri, 11 am-Noon**  
*No class Nov 11, 13 or 27*  
**FREE**  
 Improve flexibility, coordination & stamina.

**Jan's Exercise**  
**Mon, Wed & Fri, 9-10 am**  
**Nov 2-30**  
**1-day, 5 classes**  
**R \$18 NR \$24**  
**2-day, 9 classes**  
**R \$27 NR \$36**  
**3-day, 11 classes**  
**R \$30 NR \$40**  
*No class on Nov 11 or 27.*  
**Dec 2-30**  
**1-day, 5 classes**  
**R \$18 NR \$24**  
**2-day, 10 classes**  
**R \$30 NR \$40**  
**3-day, 12 classes**  
**R \$33 NR \$44**  
*No class on Dec 25.*  
 Stretches for every part of the body. This class meets on Monday, Wednesday and Friday, allowing you the flexibility to attend any day the class meets

up to the maximum number for which you are enrolled.

**Laugh Café**  
**Tuesday, Nov 17, 10-11 am**  
**Free with one good joke**  
 Laughter is good exercise and it feels good. Join this group on the 3rd Tuesday of the month for the health benefits that come with laughing.

**NEW**

**Line Dancing**  
**Mondays, 1-2 pm**  
**Nov 2-Dec 28, 9 classes**  
**R \$27 NR \$36**  
 After taking a basic class, or if you have line danced before, you will enjoy learning in this class.

**Men's Strength Training**  
**Wednesdays, 6-6:45 pm**  
**Nov 4 - Dec 23, 7 classes**  
**R \$21 NR \$28**  
*No class on Nov 11.*

Strengthen your upper and lower body while improving joint health, balance and stability in this guided full-body workout.

**NEW**

**Pilates**  
**Thursdays, 4:30-5:30 pm**  
**Nov 5-Dec 17, 6 classes**  
**R \$24 NR \$30**  
*No class on Nov 26.*  
 Pilates is a mind-body exercise that focuses on strengthening the core. It is gentle to your body but still a challenging workout.

**Simply Stretch & Strengthen**  
**Mondays, 10:30-11:30 am**  
**Nov 2-Dec 28, 8 classes**  
**R \$27 NR \$36**

Stretch and strengthen every part of your body, relax and revitalize with breathing exercises, improve balance with simple yoga postures both seated and standing.

This class is for all ability levels and will not involve mat work or getting down on the floor.

**Stretch, Roll & Strengthen with Laura**  
**Tuesdays, 10-11 am**  
**Nov 3-Dec 29, 9 classes**  
**R \$27 NR \$36**

Learn to use the ladder, stability balls, hand weights and resistance tubing for a full-body exercise session.

**Tai Chi-Introduction**  
**Wednesdays, 3:30-4:30 pm**  
**Nov 4-Dec 23, 6 classes**  
**R \$18 NR \$24**  
*No class on Nov 11 or Dec 9*

This class is designed for the person who has never taken Tai Chi before with an emphasis on improving balance and preventing falls.

**Tai Chi-Advanced Beginner**  
**Tuesdays, 8:45-9:45 am**  
**Nov 3-Dec 15, 7 classes**  
**R \$35 NR \$42**

This class is designed for individuals who have some experience in Tai Chi and would like to learn beyond the basics.

**Tai Chi-Intermediate**  
**Thursdays, 8:45-9:45 am**  
**Nov 5-Dec 17, 6 classes**  
**R \$30 NR \$36**  
*No class on Nov 26*

Continue with more advanced movements.

**WOW!- Women on Weights**



**Wednesdays, 5-5:45 pm**  
**Nov 4-Dec 23, 7 classes**  
**R \$21 NR \$28**  
*No class on Nov 11*

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5

**Fridays, 10:30-11:30 am**  
**Nov 6-Dec 18, 6 classes**

**R \$18 NR \$24**

*No class on Nov. 27*

This class is broken down by muscle group so the entire body is trained. Light weights and bands will be used, as well as your own body weight. The instructor will accommodate the different goals of each student.

**Yoga – Chair and Standing**

**Tuesdays, 11 am-12 pm**

**Nov 3-Dec 15, 7 classes**

**R \$28 NR \$35**

An enjoyable series of stretches & movements leave you energized & relaxed. No mat work. Positions are modified for chairs and standing and designed for older adults.

**Yoga – All Levels**

**Tuesdays, 9-10 am**

**Nov 3-Dec 15, 7 classes**

**R \$28 NR \$35**

**Tuesdays, 10-11 am**

**Nov 3-Dec 15, 7 classes**

**R \$28 NR \$35**

**Thursdays, 6-7 pm**

**Nov 5-Dec 17, 6 classes**

**R \$24 NR \$30**

*No class on Nov 26*

This class is for active adults who want to incorporate mat work on the floor into their yoga practice. Even if you have never had a yoga class, the instructor will guide you through modified sun salutations and postures.



**Zumba Gold**

**Mondays, 6:15-7:15 pm**

**Nov 2-Dec 21, 8 classes**

**R \$32 NR \$40**

**Wednesdays, 10:30-**

**11:30 am**

**Nov 4-Dec 23, 7 classes**

**R \$28 NR \$35**

*No class on Nov 11*

**Fridays, 11:45 am-**

**12:45 pm**

**Nov 6-Dec 18, 6 classes**

**R \$24 NR \$30**

*No class on Nov 27*

Zumba is fitness made fun! Latin rhythms and easy-to-follow moves create a dynamic and exciting workout designed for those over 50.

**Zumba Gold-Chairs**

**Wednesdays, 11:30-12 pm**

**Nov 4-Dec 23, 7 classes**

**R \$21 NR \$28**

*No class on Nov 11*

Chair Zumba takes the same

beats and moves as traditional Zumba and modifies them for exercising and dancing in a seated position. Keep joints flexible, burn calories, stretch and strengthen muscles, and increase cardiovascular function in a 30-minute session. Join the party!

**Zumba Toning**

**Mondays, 7:25-8 pm**

**Nov 2-Dec 21, 8 classes**

**R \$24 NR \$32**

Tone your body to the same great music and less cardio. Try both Zumba Gold and Toning or just one. Bring 1 to 3 lb. weights or Zumba Toning Sticks.

### PRIME Fitness at the Enfield Senior Center

**Now accepting Silver Sneakers and Silver & Fit memberships!**

PRIME Fitness at the Enfield Senior Center makes fitness comfortable, safe and fun. Experienced Fitness Assistants staff the fitness center, design a program tailored to your needs and answer any questions you have. Stop in for a tour!

**Mon to Thurs: 8 am - 8 pm • Friday: 8 am - 4:30 pm**

### Membership Options

**Choose the PRIME Fitness membership fee that works for you and your schedule:**

**\$25 for a month • \$60 for 3 months • \$100 for 6 months • \$150 for a year (Half the cost of a monthly membership!)**

If your Medicare Supplemental offers Silver Sneakers or Silver or Fit, you can join at no cost to you. Check with your provider today!

### New Member Package includes:

- One hour individualized program design consultation.
- Training on all machines.
- Program supervision and supervised workout.
- Optional Fitness Assessment.

**To schedule an appointment with a Fitness Assistant or for an answer to any questions, call 860-272-3554.**



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# 6 Computers & Technology

**R** Residents

**NR** Non-Residents

Log on at [www.enfield-ct.gov](http://www.enfield-ct.gov) scroll down to senior center

## Technology Café

Stop in and use the iPads, Kindle Fires, All-in-One Windows 8.1 Touchscreen Computers, while having a cup of coffee or tea. Find your way by using the Sip & Swipe software or ask a volunteer how to start. The best way to learn is by exploring.

### ANDROID TABLET USER GROUP

Thursdays, 10 am-12 pm  
Nov 12, Dec 10

**FREE**

If you use a Samsung Galaxy, Google Nexus, Kindle Fire or Nook Tablet and want to share your experience and gather more knowledge, come to this group to share ideas, tips, and applications. Bring your own device or borrow a Kindle Fire from the Enfield Senior Center.



### Beginner iPad

Monday, 10 am-12 pm  
November 9  
December 7

**FREE**

This class is for those who are new to and want use an iPad device. Basic instructions will be covered along with sharing of usage tips and applications. iPads will be available for those who don't have one in the Technology Café.

### Computer Help Session

Wednesdays, 3-4 pm

**FREE**

Maybe you're taking a class and need practice



or you may have a question about your laptop, desktop or software. Bring any question during this open forum and have it answered. No registration is necessary to participate.

### iPad Camera

Tuesday, 1-3 pm  
December 8

**FREE**

This class is for those who want to learn the basic usage of the iPad camera, photo booth, and photos along with sharing of usage tips and tricks. Please bring your own iPad to this class.



### iPad Picture Editing

Tuesday, 1-3 pm  
November 3  
December 15

**FREE**

Learn how to use the photo editing software on your iPad to enhance your photos. Discover how to brighten pictures that are too dark or lighten overexposed photos to bring out details. Learn to crop, resize, fix red-eye and improve your picture. Please bring your own iPad to this class.

### iPad Know How

Tuesday, 1-3 pm  
November 24

**FREE**

This class is for those who are new to and want use an iPad device. Basic instructions will be covered along with sharing of usage tips and applications. iPads will be available for those who don't have one in the Technology Café.



### iPad User Group

Monday,  
1-2 pm

Nov 9  
Dec 14

**FREE**

If you are an iPad user, stop in to join the group on the second Monday of each month. Although this is not a formal class, it is a fun way to share what you know. No registration is necessary to participate in this group.

## WEALTH PRESERVATION GROUP, INC.

Working to Preserve Your Wealth

**FREE**

### SEMINAR SERIES

**"How to Protect Your Assets from Nursing Home Costs Even Without Long Term Care Insurance"**

Dramatic changes in the law requires your immediate attention if you want to protect your assets. While long term care insurance is your best option, not everyone can afford or qualify for it. There are alternatives. Learn how to protect your assets from nursing home and Medicaid spend downs, preserving your wealth for you and your loved ones.

Presented by **John G. Dee**  
President, Wealth Preservation Group, Inc.



John G. Dee, President

Wednesday, November 18, 2015 1:00

**Enfield Senior Center**

Reserve your spot today!  
**1-800-679-2771**

## NOW IS THE TIME TO REVIEW YOUR MEDICARE HEALTH PLAN

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# Creative Arts Programs



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# 7

## Angel & Bell Basket Ornaments

NEW

Thursday, 12:30-4:30 pm  
Dec 10, 1 class  
R \$6 NR \$7

Using round reed create these ornaments measuring 3" tall. They make a great gift or holiday decoration.

*Material fee of \$5 is payable to the instructor.*

## Card Making

Fridays, 9:30-11:30 am  
Nov 13  
R \$4 NR \$5  
Dec 11  
R \$4 NR \$5

We will make the following: Nov 13, Friendship cards; Dec 11, Christmas cards.

## Ceramics

Thursdays, 9 am-Noon  
Nov 5-19, 3 classes  
R \$12 NR \$15  
Dec 3-17, 3 classes  
R \$12 NR \$15

Learn ceramics, from preparing greenware to finishing or firing the piece.



*Greenware and firing are an additional cost.*

## Coloring for Stress Relief

Monday, 5:30-7:30 pm  
November 16

Coloring is very beneficial to adults – namely for its de-stressing power. Coloring generates wellness, quietness and also stimulates the brain's areas related to motor skills, senses and creativity. Join us for an evening of coloring and a cup of tea. Please sign up in the front office.

## Creative Stitches

Wednesdays, 9 am-12 pm  
FREE

Do you enjoy knitting, crocheting and other needle work? Do you wish to brush up on your skills?



Do you want to learn the basics of needlework? We welcome new members of any age, gender or ability! No need to sign up – just drop in.

## Heritage Craft Group

Mondays, 10 am-12 pm  
FREE

Do you enjoy knitting, crocheting, sewing and crafts? We welcome new members of any age, gender or ability! No need to sign up – just drop in.

## Holiday Round Basket

Thursday, 12:30-4:30 pm  
Nov 12, 1 class  
R \$6 NR \$7

Create this basket measuring 8" x 6" with a reed banner. This cute little basket can be used to fill with holiday cookies or goodies.

*Material fee of \$10 is payable to the instructor.*

NEW



- Around the Clock Care
- Trained Reliable Caregivers
- Companion & Personal Care
- Customized Care Plans
- Specialized Alzheimers & Dementia Care

## Introduction to Card Making

NEW

Monday, 1:30-3:30 pm  
Dec 7, 1 class  
R \$5 NR \$6

Learn a fun and relaxing activity that has a purpose, creating cards for friends and family.



Learn about supplies and the basic techniques used in making handmade greeting cards.

## Jewelry-Mornings

Fridays, 9:30-11:30 am  
Nov 20, 1 class  
Dec 18, 1 class  
R \$4 NR \$5 per class

Make a bracelet, necklace or earrings. Create special one-of-a-kind gifts and beaded accessories from our instructor's huge selection of beads. Instructor supplies all tools and beads are purchased separately.

## Jewelry Workshop

Thursday, 1-5 pm  
Dec 17, 1 class  
R \$8 NR \$9

Spend the afternoon crafting beautiful one-of-a-kind jewelry pieces.

## Make It & Take It Scrapbook Page

Nov 17, 1 class  
Dec 15, 1 class  
R \$3 NR \$4 per class

Create pages to showcase special photos. Different themes and techniques will be used.



## Memory Wire Bracelet

Wednesday, 1-3 pm  
Dec 2, 1 class  
R \$5 NR \$6

Create a handmade one-of-a-kind holiday gift.

*Material fee per bracelet is \$10 and is payable to the instructor.*

## Sassy Sewers

Tuesdays, 1-3 pm  
FREE

Do you enjoy quilting and sewing? Come and share ideas, swap fabric and show & tell. Join us join the 2nd and 4th Tuesday of the month.



NEW

## Scrapbook Crop

Tuesdays, 1:30-4 pm  
Nov 3, 1 class  
Dec 1, 1 class  
R \$3 NR \$4 per class

Join us to share ideas, organize your photos and get them into your scrapbooks.

## Wooden Spoon Santa and Snowman

Wednesday, 1-3:30 pm  
Dec 9, 1 class  
R \$7 NR \$8

Create a wooden spoon rag Santa and Snowman decoration. All supplies are included in class fee.



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# 8 Trips

SAVE THE DATES! Stop by for trip flyers with more detailed information. Please note that return times are approximate. Trip details, dates, and pricing subject to change.



## "A Wonderful Life" at the Goodspeed Opera House

Wednesday, November 18, 2015

"A Wonderful Life" is coming to East Haddam, so join us as we head off to the Goodspeed Opera House for another incredible show! Lunch is included at the Gelston House.

Cost: \$149 per person.



## Lee Greenwood "Tennessee Christmas"

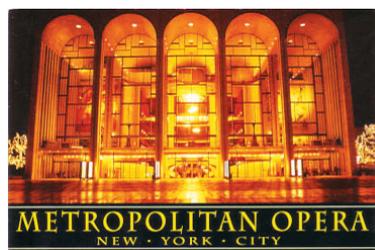
Foxwoods Theatre & Foxwoods Casino  
Thursday, December 3, 2015

The sounds of the season will fill the air when Grammy-award winning

artist Lee Greenwood brings his Tennessee Christmas tour to the Fox Theatre. Cost: \$94 per person. Price Includes: 2:00 PM Show, Reserved GOLD Seating at the Fox Theatre, Current Foxwoods Bonus Package, Free Lunch Buffet & \$10 Slot Play, Transportation & Gratuities.



*Foxwoods package subject to change.*



## The Metropolitan Opera

Saturday, April 23, 2016  
"Otello"



A LIFETIME EXPERIENCE NOT TO BE MISSED!

See the Opera at the magnificent Metropolitan Opera House, Lincoln Center, New York City! Be a part of

the Met's extraordinary 2016 season, featuring the world's greatest singers and musicians in unforgettable performances. You do not need to be an expert of opera to appreciate the enormous scale of these productions or the amazing voices booming through the Opera House with no microphones! Often cited as Italian opera's greatest tragedy, Otello is a miraculous union of music and drama, a masterpiece as profound philosophically as it is thrilling theatrically. Shakespeare's tale of an outsider, a great hero who can't control his jealousy, was carefully molded by the librettist Arrigo Boito into a taut and powerful opera text. Join us for a 1:00 p.m. performance - running time 3 hours. There is free time allotted after the performance to grab a bite to eat, on your own, in Lincoln Center before departing for home.

Cost: \$153 per person/balcony - \$162 per person/prime balcony.

*Make your reservation today at the Senior Center Front Desk. Limited tickets are available. There is no group sign-up date for this trip.*



## America's Canyon Country

NEW

Thursday-Friday, June 9-17, 2016

### Featuring Four National Parks

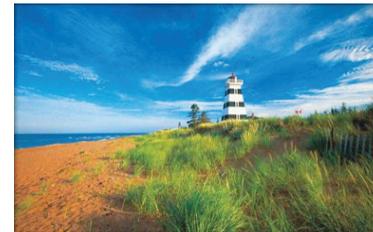
Join us as we celebrate the National Park Service Centennial by visiting four National Parks on this 9-day tour. After you've enjoyed the glitter of Las Vegas, you'll visit the old Mormon Fort at Pipe Spring National Monument then you'll continue



onto the north rim of the magnificent Grand Canyon National Park. As your tour progresses, you'll enjoy a scenic drive along Vermilion Cliffs National Monument which brings you to the impressive Colorado River Gorge at Navajo Bridge. You'll visit massive Glen Canyon Dam before a "Canyons Adventure" cruise on Lake Powell through the Glen Canyon National Recreation Area. You'll also visit Navajo National Monument to view the Betatakin Ruin. Later you'll continue to the incredible Monument Valley Navajo Tribal Park, where numerous western movies, television shows and commercials have been filmed. A traditional Navajo lunch and Navajo-guided, four-wheel drive tour is included in your visit. En route to Bluff, Utah, you'll pause at Goosenecks State Park for stunning views of the San Juan River Canyons. Included is a visit to the Puebloan Ruins at the Edge of the Cedars State Park; next comes sightseeing and a picnic lunch at Natural Bridges National Monument, home to three mighty stone bridges. An afternoon scenic drive brings you to impressive Capitol Reef National Park, where white sandstone domes cap massive reef-like cliffs. An enjoyable day will be on Utah's incredible Highway 12 Scenic Byway, winding through spectacular Escalante-Grand Staircase National Monument. Reaching the famed "Pink Cliffs" of Bryce Canyon National Park, You'll also motor through the Slickrock Canyons and the historic tunnel of Zion National Park where you'll have a day to enjoy the awe-inspiring Park. Cost: \$3529 per person/double occupancy.

## America's Canyon Country Trip Presentation:

Thursday, December 10, 2015, 5 pm



Due to its success and popularity, we will be offering the Atlantic Canada Cruise Tour again!

## Atlantic Canada Cruise Tour: Nova Scotia & Prince Edward Island

Saturday-Friday, July 2-8, 2016

Start your seven-day adventure in the charming town of Portland, ME to explore the scenic waterfront area followed by dinner at the famous floating ship restaurant DeMillo's, before boarding the Nova Star for your overnight cruise to Nova Scotia. A Nova Scotia guide will be waiting for you on arrival in Yarmouth and will tour you through the eastern coast of Nova Scotia on your way to Halifax for a two night stay. You'll enjoy a morning Halifax city tour before arriving at the 2016 Royal Nova Scotia International Tattoo. This is the largest annual indoor show with over 800 performers. The following morning your venture continues on a ferry for a 90 minute crossing of the Straits of Northumberland to Prince Edward Island for an enjoyable lobster dinner. A local guide will take you to the historic home of Anne of Green Gables and the Prince Edward Island National Seashore. On your return home, they'll be stops in Bangor, ME and Boothbay Harbor, ME, time permitting. Cost: \$1667 per person/double occupancy.

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### Switzerland, Austria & Bavaria

**Wednesday-Friday,  
September 14-23, 2016**

**10 Days, 12 Meals: 8 Breakfasts, 4 Dinners**

Trip Highlights: Bern, Chateau de Chillon, Montreux, GoldenPass Panoramic Train, Gstaad, Lucerne, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Bavaria, Oberammergau, Tyrolean Folklore Show.

This fabulous 10-day tour is a trip of a lifetime with beautiful scenery, history and culture. A detailed trip flyer is available at the Enfield Senior Center or by visiting our website. Cost: \$3599 per person/ double occupancy. This discounted rate will expire on March 15, 2016.



### The Legendary Danube River Cruise

**September 24-October 6, 2016**

*Hungary, Slovakia, Austria, Germany, The Czech Republic, Prague*



Experience the Danube River aboard the brand new MV Emerald Belle, for a seven-night cruise through four countries. This cruise includes escorted shore excursions in five cities with English-speaking guides and two nights in Prague. Once onboard,

unpack just once in your tastefully furnished river view stateroom



with a window for panoramic viewing. Your first stop will be in Budapest, Hungary for a city tour including stops at Gellert Hill, Buda Castle, Matthias Church, St. Stephen's Basilica, Fisherman's Bastion and the marvelous Royal Palace. A panoramic city tour of Bratislava is also included. On this tour, some of the sites you'll see are the Slovak Philharmonic Hall, The National Theatre, the Archbishops Summer Resident, and the Blumenthal Church. You'll visit the "City of Music", Vienna, Austria, home of composers, such as Beethoven, Schubert, Mozart, and Strauss. Enjoy the history and gardens of this beautiful city. During your tour, you'll stroll through the pretty, medieval town of Dürnstein "The Pearl of the Wachau", set in Austria's spectacular vine-terraced Wachau Valley. A trip to Austria wouldn't be complete without visiting Salzburg. Here you will travel by motor coach to Mozart's Salzburg where a guide will show you the sights of *The Sound of Music* and walk you along the famous Getreidegasse Lane, past Mozart's birthplace. After the tour, you'll drive to Passau, Germany

where your ship has docked. Enjoy Regensburg Germany on a guided walking tour. Disembark and journey to Prague via motor coach for a two-night stay. One of the most beautiful cities in Europe, Prague offers a cultural and historic past. On an included city tour, you'll see Wenceslas Square, Old Town Square and the medieval Charles Bridge. This cruise is a life enriching experience that will leave you with wonderful memories of cruising along the Danube River. Cost: \$4995 per person/double occupancy, Riviera Deck.

### The Legendary Danube River Cruise

**Trip Presentation:**

**Friday, December 18, 2015,  
3 pm**

### Boston Reposition Cruise & New Orleans City Tour

**Friday-Friday,  
October 28-November 11, 2016**



This 15-day cruise on the Norwegian Dawn will take you to the tropical and sunny ports of San Juan, Puerto Rico, Kralenkijk, Bonaire, Willemstad, Curacao, Oranjestad, Aruba, Ochos Rios & Georgetown, Jamaica, and Cozumel Mexico. You'll also have a half day to enjoy a private New Orleans City Tour and a Walking Tour of the French Quarter before flying home. Price includes: Airfare & motor coach transportation, 15-day cruise, port charges & taxes, all meals & entertainment onboard the Norwegian Dawn, New Orleans City Tour, and Walking Tour of the French Quart, Tour Escort, and Gratuities for Driver and Escort. Cost: \$1999 per person/double/inside cabin.



**LOOK what's coming!**

**March 2016**  
Boston Flower Show, Massachusetts  
"Motown the Musical" at the Bushnell, Hartford, Connecticut

**April 2016**  
Newport Playhouse, Newport, RI – "One Slight Hitch"

**May 2016**  
"Shadows of the 60's" at Fox Theater & Foxwoods Casino, Connecticut  
"Samson" at Sight & Sound Theater, Pennsylvania

Watch future Newsletters for more details.  
*Trips subject to change based on availability.*

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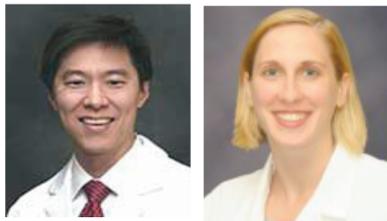
**Solinsky**  
**EyeCare**<sup>LLC</sup>

*Free educational seminar*

## Dry Eye and My Eyes

*Millions of people suffer from dry eye. Are you one of them?*

Solinsky EyeCare is hosting a free educational seminar about the Who, What and Why of Dry Eye Syndrome.



We invite you to spend some time with Lyndon Lee, MD and Susan Janik, OD at one of our four office locations as they discuss the latest in dry eye therapy.

**Monday, October 26, 5:30pm**

Hartford: 19 Woodland St., Ste 41

**Tuesday, October 27, 6:30pm**

**Thursday, October 29, 5:00pm**

West Hartford Center: 1013 Farmington Ave.

**Monday, November 2, 5:00pm**

East Hartford: 477 Connecticut Blvd.

**Wednesday, November 4, 4:00pm**

Enfield: 139 Hazard Ave., Bldg #6

**Dry Eye often causes more than just a sensation of dryness, people can experience other symptoms such as:**

- Eye redness
- Watery eyes
- Blurred vision or fatigue
- Sensitivity to light
- Stinging, burning or scratching sensation
- A feeling of having something in your eye
- Difficulty wearing contact lenses
- Difficulty with driving at night

**In this seminar you will learn about:**

- Causes of dry eye syndrome and how it affects your vision
- Environmental modifications to decrease dry eye symptoms
- The latest technology to identify and treat dry eyes

*Please Register*

<http://www.solinskyeyecare.com>

or call 860.236.9111

*Light refreshments will be served*

# 10 Clinics, Screenings & Support

## SCREENINGS AND CLINICS

### Blood Pressure Screenings

**First and third Wednesdays of each month, 10 am-Noon; Second and fourth Wednesday of each month, 10:30 am-Noon**

Free blood pressure and blood sugar screenings are offered. No appointment needed, just stop in.

### Foot Care Clinic

**Friday, November 13, 8:30 am-3 pm**

*By appointment only*

Registered nurses from Pedi-Care trim nails and check for foot health problems. Cost is \$29. Home visits available for homebound seniors for an additional cost.

### Foot Care Clinic – Evenings

**Wednesday, November 4, 1-7:30 pm**

*By appointment only*

This same wonderful service is now available with convenient evening hours. Cost is \$29.

### Free Foot Care Assessment

**Thursday, November 12, 1-3 pm**

*By appointment*

Sign up for a free 15-minute assessment conducted by a Registered Nurse, who will identify foot anomalies, including cracks, fissures, and lesions. Attendees will learn to perform a foot self-examination and will be given mirrors to assist with the exam. Walk-ins will be accepted as time permits on the second Thursday of every month.

## SUPPORT GROUPS

### Alzheimer's Caregiver Support Group

**Tuesday, November 17, 1 pm**

If you are caring for someone with Alzheimer's Disease, you have unique concerns and issues. Visiting Nurse and Health Services of Connecticut will provide a monthly facilitated support group to help you find the resources and care you need. Every third Tuesday, meet with others who understand.

### Bereavement Support Series

This group, facilitated by trained grief counselors from Home & Community Health Services, Inc., offers support for anyone who has suffered loss.

*Call 860-763-7600 to sign up or for more information.*

### Bereavement Support – Ongoing

**2nd and 4th Mondays, 5:30 pm  
November 9 and 23**

If you feel that you need occasional support through difficult times or ongoing support in the evenings, this group will provide the care that you need. Call 860-763-7634 for more information and to register. This group is provided by Home & Community Health Services.

### Blood Cancer Support Group

**First Thursday of each month  
November 5, 6-7:30 pm**

This family support group is open to adult patients and family members who are coping with Acute and Chronic Leukemia, Non-Hodgkin Lymphoma, Hodgkin's Disease, Multiple Myeloma, Myelodysplastic Syndrome or Myeloproliferative Disorders. Facilitated by Dr. Jay Burton of Springfield Medical Associates. Please call 413-789-0200 for more information.

### Bone Density Screening

**Tuesday, November 3, 9-11 am**

**FREE**

As women get older, bone density tends to decrease, which can lead to osteopenia or osteoporosis. Staff from Radiology Associates of Hartford will be providing free heel bone density screenings on a walk-in basis and information on what you can do to maintain your bone health.

### Diabetes Support Group

**Thursday, November 12, 1-2 pm**

Sponsored by Johnson Memorial Medical Center. If you or a loved one live with Diabetes and are looking for more help from others who share the same condition, then please join us. We meet the second Thursday of every month.

### Gluten-Free Support Group

**Wednesday, November 18, 6:30-7:30 pm**

*Facilitated by Michelle Mattia, Registered Dietitian from Shop Rite of Enfield.*

Share challenges, successes and helpful tips with others. Regular meetings are held the third Wednesday of every other month at the Enfield Senior Center. Light refreshments are served. Please RSVP to insure that enough gluten-free samples will be available. Contact Michelle at 860-253-4173 or michelle.mattia@wakefern.com.

### Stroke Support Group

**Tuesday, November 10, 10 am**

Join others for support, friendship, laughter and education. Facilitated by Visiting Nurse & Health Services of CT, Inc. If you have any questions, please call: Sandie Pino, MSW, LCSW, Visiting Nurse & Health Services of CT 860-872-9163.

## WELLNESS PROGRAMS

### Chair Massage and Reflexology

**Fridays, November 6 and 20, 12-2:45 pm**

*By appointment only*

Karen Anderstrom, Licensed Massage Therapist, brings two forms of complementary, stress reducing and muscle relaxing therapies to the Senior Center. Karen, who specializes in geriatric massage, will be available for Chair Massage and Reflexology, where gentle pressure is applied to specific points of the feet during the foot massage. Book a 30-minute session by calling the office. The cost is \$25 and is payable at your appointment.

### T.O.P.S.

**Wednesdays, 12:30-2:30 pm**

Take off pounds sensibly. Meet with others for support and strategies for losing weight.

NEW

# Programs & Services



# 11

## PROGRAMS & SERVICES OFFERED AT THE ENFIELD SENIOR CENTER

### AARP Smart Driver Program

**Thursday, November 19, 1:30-5:30 pm**

AARP sponsors monthly driver safety classes at the Enfield Senior Center on the fourth Thursday of the month. The cost is \$15 for AARP members and \$20 for non-members of AARP. Please register by calling 860-763-7425 and bring a check payable to AARP on that day.

### Alzheimer's Association Office Hours

**Thursday, November 19, 10 am-2 pm**

A representative from the Alzheimer's Association will hold office hours at the Enfield Senior Center every fourth Thursday to discuss any concerns, address information and referral needs, and help in any way possible. Please schedule a 30-minute appointment by calling the Senior Center office. Walk-ins are welcome as time permits.

### Ask The Financial Professional

**Tuesday, November 24, 10 am-Noon**

John Dee, President of Wealth Preservation Group Inc., will be available for 15-minute private appointments to answer personal money questions. Whether you are looking for safe alternatives for your nest egg or trying to protect your money from probate, unnecessary taxes and nursing homes, you'll get your questions answered on the fourth Tuesday of the month. Call the Senior Center office to schedule your free appointment.

### Ask the Lawyer

**Wednesday, November 25, 10 am-Noon**

Attorney Marcia Hess or Attorney Neil Kraner will be available for 15-minute private appointments at the Enfield Senior Center on the last Wednesday of every month. Call the Senior Center office for your free appointment. There could be a little waiting, because some appointments may take a little longer than others, but this is a great opportunity to have questions answered.

### Ask the Physical Therapist

**Tuesday, November 10, 9-11 am**

*By appointment*

Touchpoints at Chestnut provides a free 15 minute appointment with a Physical Therapist on the second Tuesday of each month. Ask any questions regarding injury, acute or chronic pain, or recommended exercise.

NEW

### Ask the Realtor

**Wednesday, November 4, 10 am-Noon**

Shirleen Peabody, Broker Associate of Coldwell Residential Brokerage will be available for private consultations. She is a designated "Senior Real Estate Specialist." She can answer your question on any real estate issue including housing alternatives, selling of the family home or estate, and help you navigate through the maze of financial, legal and emotional issues that accompany the process. Call the Senior Center for an appointment with Shirleen, who is here on the first Wednesday of every month.

### Canes, Wheelchairs and Walkers Inspection

*Sponsored by Home Helper Home Care*

**Tuesday, November 3, 12-1 pm**

Bring in your assistive equipment for a check. Make sure it is in working order and fits properly. This service will be available on the first Tuesday of every month.

### Community Café

**Weekdays at Noon**

**Reservations:**

**Call 860-763-7428 by noon the day before and leave message.**

A hot, full-course meal is served daily in the Senior Center Dining Room. Menus are available in the Senior Center lobby and on our website. Suggested donation is \$2.50 and you must be age 60 or over.

### Dial-a-Ride

**860-272-3545**

Transportation for Enfield residents over the age of 60 and/or permanently disabled to destinations within town; and, through volunteers, to out-of-town medical appointments.

### Friends of the Enfield Senior Center

The Friends of the Enfield Senior Center, a nonprofit 501(c)(3) organization, was organized to raise funds in support of the Enfield Senior Center. Members sponsor the Senior Lifestyle Expo in the spring, schedule trips each year, and accept donations and memorials to further the mission of the Senior Center. A portion of their funds is generated by the Tuesday evening Bingo game, and donations are used to purchase needed items for the Center.

### Internet Access

Bring in your laptop and take advantage of our wireless internet access.

### Legal Consultation

**Tuesday, November 17, 10 am-Noon**

If you have a general legal inquiry or a question about wills, estates, real estate or elder law, call the Senior Center office to schedule a free appointment on the third Tuesday of the month, with Bridgid Murray or Russ Tyler of Tyler & Tyler, Attorneys at Law.

### Little Treasures Gift Shop

**Open during Senior Center hours**

Shop for baby outfits, blankets, afghans and other gift items handcrafted by our talented group of seniors, as well as small trinkets and vintage treasures.

### Meals on Wheels

**Office at Enfield Senior Center**

**860-763-0400 - leave message**

Daily meals and light suppers are delivered weekdays to homebound seniors. Call Coordinator for information.

### Medical Equipment Loan Closet

Elevated toilet seats, commodes, bath transfer benches, walkers and other medical equipment are available at the Senior Center on loan, free of charge, for up to eight weeks.

### Medicare & Part D Assistance

**Fridays 9-11 am**

*By appointment only*

Trained CHOICES volunteers offer information about Medicare supplemental insurance and Part D.

### Neighborhood Services Support

**Friday, November 6 and 20, 9 am-noon**

Every first and third Friday from 9 am to noon, a case worker will be available for 20-minute appointments. They will be able to offer information about a variety of issues such as Medicare, Medicare supplemental insurance and Medicare Part D. You may also obtain information about enrolling in Renters Rebate or Operation Fuel or receive assistance regarding Access Health (Affordable Health Care), Medicaid or SNAP (formerly Food Stamps). Sometimes, through life circumstances, you just don't know where to turn. You can schedule a meeting to provide direction or for help with basic needs by calling the Senior Center office.

### Recovery Happens

**Thursday, November 5, 9-11 am**

Susan Wilk, Certified Addictions Counselor will be available for free 20 minute private appointments on the first Thursday of every month. She will offer information, guidance and referrals to anyone concerned about the use and effects of drugs and alcohol. Whether your concern is about yourself or a loved one, she will assist you on the path of hope for recovery. Call the Senior Center office to schedule your free appointment.

All professionals are welcome to offer and participate in programming ideas of assistance and benefit to our community of older adult participants. Please contact Susan Lather at [slather@enfield.org](mailto:slather@enfield.org) for more information.

## PROGRAMS & SERVICES OFFERED IN THE COMMUNITY

### CT Department of Social Services Assistance

5 N. Main Street, Enfield  
860-253-9024 x2272.

Help with all state assistance programs.

### Enfield Adult Day Center

860-763-7538

### Enfield Grandparents Raising Grandchildren Support Group

860-253-5144

### Enfield Housing Authority

860-745-7493

### Foodshare Mobile Unit

860-741-2886

### Food Shelf

860-741-7321

### Loaves and Fishes Soup Kitchen

860-741-0226

### Neighborhood Services

860-253-6396

Help with all entitlement programs.

### Nutmeg Senior Rides

860-758-7833

Alternative transportation for seniors and visually impaired adults.

# 12 Clubs & Meetings

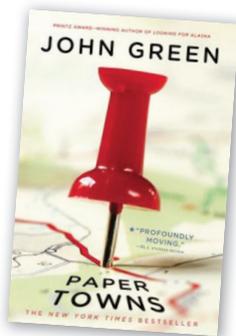


## Book Discussion Group

Tuesday, November 17, 3 pm

The November book is: *Paper Towns* by John Green

Books are placed on reserve at the Enfield Public Library and are available the first week of any given month. Meetings occur on the third Tuesday of each month.



## Enfield Single Seniors

Wednesday, November 18, 6 pm

If you are single, 55+ and are interested in a group to socialize with, join us on the 3rd Wednesday of each month in the Dining Room. Make new friends and enjoy a variety of outings.

For information call Helen Olander, Coordinator, at 860-253-9188.

## Genealogy Group

Tuesday, November 3, 6 pm

Bring your questions, share tips, exchange information, and bring your laptop to explore online, using our free Wi-Fi. This unfacilitated group meets the first Tuesday of every month.

## Goldtones Choral Group

Thursdays, 10 am

Lend your voice to this friendly group. Throughout the year, the group entertains at community venues and presents concerts at the Enfield Senior Center.

## Investment Club

Thursday, November 12, 2 pm

Share information and discuss smart investment strategies. No money is collected or pooled, as this group meets for discussion only, on the second and fourth Thursday of each month.

## Train Club

Tuesday, November 24, 6:30 pm

A hobby club for train enthusiasts. Socialize with others who share your interest in trains on the fourth Tuesday of each month.

## AARP MEETINGS

### AARP Chapter 3062 Meeting

Thursday, November 5, 1:30 pm

### Potluck Supper

No Potluck Supper in November due to the Veteran's Day holiday.

### President:

Sally Barnett

860-668-1836

### Trips:

Evelyn Lesniak

860-749-8798

Stacia Lesniak

860-749-3714

## TRIAD SAFETY CORNER

TRIAD is a group of community volunteers who work with emergency responders to keep seniors safe in the community. Each month a member of TRIAD will write a few safety reminders. This month's tips come from Yoke Tworosch.



### PROTECTION AGAINST CARBON MONOXIDE POISONING:

1. Shut off automobile motor and take keys out of the ignition as soon as your car is parked in the garage.
2. Have your vehicle inspected at least once a year for exhaust leaks.
3. Have all fuel-burning equipment (i.e. furnace, hot water heater) checked each year to make certain combustion is clean and that there are no risks of CO leakage.
4. When in use, be sure to open the flue to make sure the fireplace is safely vented.

Look for the Next Issue of

**FRONT & CENTER**  
ENFIELD SENIOR CENTER NEWS & ACTIVITIES

Tues., November 17th

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# Seminars

Please call the Senior Center office at 860-763-7425 to register for these free seminars. Assistive Hearing Devices are available in the front office for all programs

This Newsletter was Sponsored by:



# 13

## SEMINARS

Please call the Senior Center office at 860-763-7425

to register for these free seminars. Assistive Hearing Devices are available in the front office for all programs.

### October Kitchen Sampling

Wednesday, November 4, 10 am-12 pm

Sample the meals from this new meal delivery service. Learn more about this service.

### AARP Work & Save: How Secure is Your Financial Future

Wednesday, November 4, 1 pm

Attend this interactive presentation to learn about the growing retirement crisis across the country and what steps Connecticut is taking to address it.

### How to Protect Your Assets From Nursing Home Costs – Even Without Long Term Care Insurance

Wednesday, November 18, 1 pm

Presented by John Dee and Elder Law Attorney Abbe McLane

Dramatic changes in the law may require your attention if you want to protect assets. While long term care insurance is your best option, not everyone can afford or qualify for it. There are alternatives. Learn how to preserve your wealth for you and your loved ones.

### Stress Management

Wednesday, November 25, 1 pm

Sponsored by Parkway Pavilion

Stress is an everyday occurrence in most of our lives especially around the holidays. Stress is not always bad but when one does not manage it well it can turn into emotional, physical, and mental problems. Come join Sherry

Mitchell, Reiki Master, Spiritual Advisor, and Master's in Health & Wellness in discovering fun-filled relaxing ways to manage stress.

## LANGUAGE ARTS

### Italian Conversation Class

Monday, 2-4 pm, November 2

#### FREE

Learn about the language, culture and historical background of Italy. Taught by native speaker, Anthony Trichilo, explore the country in a fun and relaxed atmosphere. Class meets on the first Monday of the month.

### Journaling as a Transformative Tool

Thursday, 10 am, November 5 & 19

#### FREE

Many people find keeping a journal a way to understand themselves, release stress, resolve conflicts or express their creativity. Members will draw upon a variety of exercises and techniques to begin the process. There is no charge for this group and you are encouraged to bring a notepad and pen. The members will help to determine the direction the group will take. The group will meet the first and third Thursday of the month.

### Workshop for Poets

Friday, 10 am-12 pm November 13

#### FREE

Lighthearted and stimulating reading and writing of your own work will be the focus. Let's learn together and challenge each other! But, most importantly, let's have fun! The group will meet on the 2nd Friday of every month.



**Kathleen Sarno**  
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joann@joannwalk.com



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P067001 State Farm Mutual Automobile Insurance Company – Bloomington, IL.  
01/06 State Farm Fire and Casualty Company – Bloomington, IL.

# 14 Ongoing Programs



This Newsletter was Sponsored by:



PROGRAM	DAY	TIME
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## ONGOING RECREATION

<b>Billiards</b>	Three championship tables are available for daily games. Come in anytime to play.	Every Day	
<b>Cribbage</b>	Learn the game, brush up your skills, and spend an enjoyable afternoon playing.	Mondays	1-3 pm
<b>Dominoes</b>	Please bring your own set of dominoes and join others for a fun game.	Fridays	1 pm
<b>Fun Bingo</b>	An informal game with small cash prizes.	Wednesdays	10:30-11:30 am
<b>Hand &amp; Foot</b>	No need to register. Just drop in.	Thursdays	1 pm
<b>Hand, Knee and Foot</b>	Try this new card game.	Mondays	1:30-5 pm
<b>Mahjong</b>	All levels welcome.	Wednesdays	1-3 pm
<b>Pinochle</b>	Others will help if you haven't played in awhile.	Wed. & Fri.	12:45-4 pm
<b>Poker</b>		Thursday	12:30-4 pm
<b>Scrabble</b>		Tuesdays	1 pm
<b>Setback</b>	Join us for instruction and play.	Tuesdays	12:45-3:45 pm
<b>Wii Bowling</b>	We will begin at 5 pm by choosing teams and then the play begins. Bring your best game.	Thursdays	5-8 pm

## ONGOING ARTS & CRAFTS - PROGRAMS ARE FREE

<b>Creative Stitches</b>	Welcome all needle crafters. Knitting, crocheting, embroidery and sewing. All skill levels welcome.	Wednesdays	9am-Noon
<b>Heritage Group</b>	This group works on sewing, knitting, crocheting and craft projects throughout the year.	Mondays	10 am-Noon
<b>Sassy Sewers</b>	Quilters and sewers! Come and share ideas, swap fabric, and show and tell.	2nd & 4th Tuesdays	1-3 pm
<b>Woodcarving</b>	Meet in the Game Room to carve away the morning, share ideas, and swap patterns and techniques.	Tuesdays	9 am-Noon

### BINGO - THE TUESDAY EVENING GAMES BEGIN AT 6:30!

Play a \$150 Early Bird Bonanza, 4 \$100 specials, winner-take-all weekly progressive up to \$2000 and a free quickie game. Purchase a minimum of three strips for \$15. Ice cream sundaes are available for purchase at intermission. Have fun and help us out at the same time! All proceeds benefit the Senior Center programs and services. Assistive Hearing Devices are available in the front office.

### TUESDAY NIGHT BINGO SUPPER, 4:30 - 6 PM

Come early and start the evening off with a tasty supper at a reasonable rate. Choose from grilled cheese, hot dogs, hamburgers, onion rings and fries or a weekly special. Top it off with a tempting selection of desserts! You don't need to play Bingo to enjoy!

## MEMORIAL DONATIONS:

Memorial Donations are a meaningful way to remember a loved one while helping others. We gratefully acknowledge those who recently made memorial donations in September 2015.

In Memory of:

Anne Fitzgerald

From:

Allan & Diane Neild

In Memory of:

Marilyn Gagnon

From:

Lorraine Therrien

In Memory of:

Marie C. Heck

From:

Douglas Heck

In Memory of:

Elsie Krauss

From:

Howard Krauss

In Memory of:

Chester Proulx

From:

Ron & Charlene Biathrow

THANK YOU FOR REMEMBERING THE SENIOR CENTER!

## Super Coupon

All Shoppers Must Present This Coupon To Receive Discount



Valid Every Tuesday!

# 5% Senior Discount

When You Spend \$25.00 or More.

Tuesday Only  
Must be 65  
Years or Older.

\$



With this coupon, and additional purchase of **\$25.00 or more** (Excluding fuel and items prohibited by law). Limit one per family. Good at any ShopRite.  
Effective thru Tuesday, November 24, 2015.

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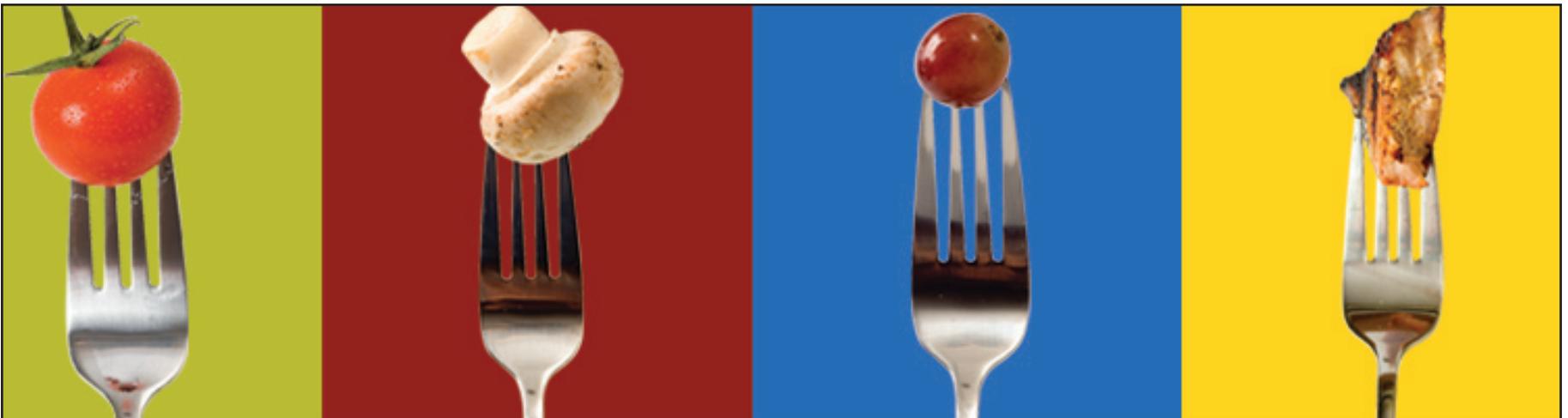
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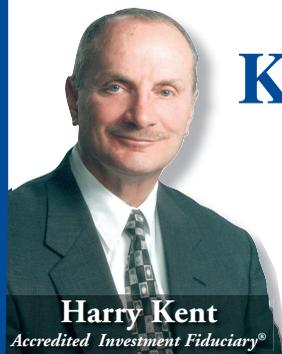
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**Harry Kent**

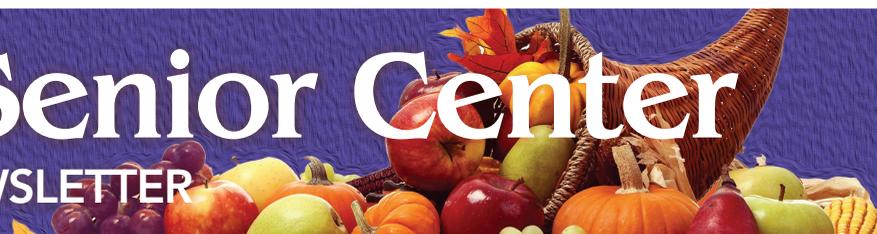
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# Enfield Senior Center

NOVEMBER 2015 NEWSLETTER

**SPECIAL SAVINGS  
& DISCOUNTS INSIDE**



## The Friends of the Enfield Senior Center Annual Appeal Donor List

September 2015 Donations

**THANK YOU FOR YOUR GENEROSITY!**

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Peter & Claire Thomas

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